

**MICHIGAN OFFICE OF SERVICES TO THE AGING (OSA)**  
7109 W. Saginaw, First Floor, P.O. Box 30676, Lansing, MI 48909-8176  
(517) 373-8230, Fax (517) 373-4092, TDD (517) 373-4096, [www.MiSeniors.net](http://www.MiSeniors.net)

**Commission on Services to the Aging** - The 15 members who comprise the bipartisan Commission are appointed by the Governor with the advice and consent of the Senate. The Commission advises the Governor, Legislature and Office of Services to the Aging on matters relating to policies and programs for older persons in Michigan and promotes senior citizen interests with federal and state government and within communities. It also approves funds for services administered under the federal Older Americans Act and the Older Michiganians Act.

**State Advisory Council on Aging** - The 40-member Advisory Council appointed by the Commission on Services to the Aging, studies aging issues and recommends policy to the Commission.

**Area Agencies on Aging** - Area agencies on aging (AAAs) are regional planning and administrative agencies. OSA contracts with AAAs to plan and provide needed services to seniors in specified geographic regions of the state. AAAs contract with community agencies to deliver services. To find your area agency on aging, see reverse side of brochure, call OSA at (517) 373-8230, the Eldercare Locator at 1-800-677-1116, or log on to OSA's web site at [www.MiSeniors.net](http://www.MiSeniors.net).

**Community Services Programs** - the aging network provides a variety of services for older adults which may include help with locating housing, counseling, legal aid, transportation, health promotion, assistance with household chores, personal care, adult day services, and home health aides. Contact local AAA.

**Senior Community Services Nutrition Program** - This program provides hot meals and supportive services, such as nutrition education, at more than 700 location in Michigan. This program includes meals available in group settings and home-delivered meals. Contact local AAA.

**National Family Caregiver Support Program** provides adult day and respite services to individuals 18 years of age and older and their caregivers through Michigan. Respite-related transportation, including transportation to medical appointments and for shopping assistance is also available in some communities. Contact local AAA.

**Senior Community Services Employment Program** provides and promotes part-time opportunities in community employment for low-income persons aged 55 and older. Contact local AAA or [www.MiSeniors.net](http://www.MiSeniors.net).

**Legal Services** - Legal assistance program provides, at a minimum, advice and counsel, direct representation and legal education. Services are available to persons 60 and older, but priority is given to those who are in economic and social need. There are no income guidelines or fees charged for services, however, donations are accepted. Contact local AAA, the Elder Care Locator at 1-800-677-1116, or the Legal Hotline for Michigan Seniors toll-free at 1-800-347-5297.

**Care Management** - This program locates, mobilizes and manages a variety of home care and other services needed by a frail elder person at risk of nursing home placement.

**Medicare/Medicaid Assistance Program (MMAP)** - This program serves people age 65 and older, who are on Medicare due to disability, and their families. It provides free health benefits counseling in the areas of Medicare, managed care, Medicare+Choice options, Medigap insurance, Medicaid and long-term care insurance. Counselors can provide information on benefits, comparative information about insurance products and managed care plans and assist with claims, denials of services and other insurance related problems. For MMAP services call 1-800-803-7174.

**Long-Term Care Ombudsman** - For nursing home residents and their families to receive information, learn how to resolve problems or begin the complaint process for concerns in licensed nursing homes, homes for the aged, and adult and foster care homes. Ombudsmen are available to investigate complaints, suggest remedies and assist with resident rights, payment issues, guardianship, and nursing home placement. Call 1-866-485-9393.

**Volunteer Programs** - *The Retired and Senior Volunteer Program (RSVP)* sponsors persons age 55 and older to work in all areas of local communities - schools, hospitals, senior centers, self-help and other programs. There are no income restrictions. *The Foster Grandparent Program (FGP)* provides a one-to-one relationship with young person in need of personal attention and special help. FGPs serve 20 hours a week and must meet income guidelines. *The Senior Companion Program (SCP)* uses volunteers who work with other older adults, often in the recipients home. SCPs must meet income guidelines and are compensated for their volunteer work. Call local area agency on aging for information.

## **AREA AGENCIES ON AGING**

1-A Detroit Area Agency on Aging - (313) 446-4444, *Detroit, Grosse Pointe (GP), GP Farms, GP Park, GP Shores, GP Woods, Hamtramck, Harper Woods, Highland Park.*

1-B Area Agency on Aging - (248) 357-2255 or 1-800-852-7795, *Livingston, Macomb, Monroe, Oakland, St. Clair, Washtenaw Counties*

1-C The Senior Alliance, Inc. - (734) 722-2830 or 1-800-815-1112 (in SE Mich only), *all of Wayne County excluding areas served by Region 1-A.*

Region 2 Area Agency on Aging - (517) 467-2204 or 1-800-335-7881, *Hillsdale, Jackson, Lenawee Counties*

Region 3-A Area Agency on Aging - (269) 373-5147 or (269) 373-5153, *Kalamazoo County*

Region 3-B Area Agency on Aging - (269) 966-2450 or 1-800-626-6719, *Barry and Calhoun Counties*

Region 3-C Branch-St. Joseph Area Agency on Aging - (517) 279-9561 or 1-888-615-8009, *Branch and St. Joseph Counties*

Region IV Area Agency on Aging - (616) 983-0177 or 1-800-442-2803, *Berrien, Cass and Van Buren Counties*

Valley Area Agency on Aging - (810) 239-7671 or 1-800-978-6275, *Genesee, Lapeer, Shiawassee Counties*

Tri-County Office on Aging - (517) 887-1440 or 1-800-405-9141, *Clinton, Eaton and Ingham Counties*

Region VII Area Agency on Aging - (989) 893-4506 or 1-800-858-1637, *Bay, Clare, Gladwin, Gratiot, Huron, Isabella, Midland, Saginaw, Sanilac, Tuscola Counties*

Area Agency on Aging of Western Michigan, Inc. - (616) 456-5664 or 1-888-456-5664, *Allegan, Ionia, Kent, Lake, Mason, Mecosta, Montcalm, Newaygo, Osceola Counties*

Region IX Area Agency on Aging, Northeast Michigan Community Service Agency, Inc. - (989) 356-3474, *Alcona, Alpena, Arenac, Cheboygan, Crawford, Iosco, Montmorency, Ogemaw, Oscoda, Otsego, Presque Isle, Roscommon Counties*

Area Agency on Aging of Northwest Michigan, Inc. - (231) 947-8920 or 1-800-442-1713, *Antrim Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, Missaukee, Wexford Counties*

UP Area Agency on Aging, UPCAP Services, Inc. - (906) 786-4701 or 1-800-338-7227, *Alger, Baraga, Chippewa, Delta, Dickinson, Gogebic, Houghton, Iron, Keweenaw, Luce, Mackinac, Marquette, Menominee, Ontonagon, Schoolcraft Counties*

Senior Resources - (231) 739-5858 or 1-800-442-0054, *Muskegon, Oceana, Ottawa Counties*

## **WHAT'S NEW?**

### **FOR OLDER MICHIGANIANS AND THEIR FAMILIES**

**Fall 2006**

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*~ Prepared by the Michigan Office of Services to the Aging ~*  
*State government's resource for aging issues*  
*P.O. Box 30676, Lansing, MI 48909*  
*(517) 373-8230*

### **PROTECTION OF SENIORS**

- **Report – Governor's Task Force on Elder Abuse** – a soon-to-be released report on ways to improve elder abuse prevention, intervention, investigation, and prosecution.
- **Criminal background checks** – have screened out numbers of people applying for jobs in long term care settings who could potentially threaten the safety of seniors.
- **Training on elder abuse** – for 11,000 direct care workers to recognize elder abuse, understand how to report and protect victims, and implement prevention strategies.

### **INNOVATIONS IN LONG TERM CARE**

- **Green Houses** – a cutting-edge movement that provides non-traditional long term care living environments for older adults. Called "Green Houses, these small home-like settings function as skilled nursing facilities.
- **Single Points of Entry (SPE)** – a pilot program providing information and assistance to seniors and family members in need of making long term care decisions.

### **ADVOCACY**

- **Medicare Part D** – Volunteers trained through the Michigan Medicare/Medicaid Assistance Program (MMAP) continue to help thousands of seniors to understand and select the Part D prescription program most beneficial to them.

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## **HEALTHY AGING**

- **MiCAFE** – a senior outreach program through Elder Law of Michigan has helped 500 low-income seniors receive food stamps.
- **Senior Project FRESH** – 7,500 low-income senior households in 34 counties are provided coupons for fresh Michigan-grown produce.
- **Active Options** – seniors will soon be able to locate physical activity programs by location or sport through the Internet, thanks to funding for this pilot project from the National Council on Aging.

## **SENIOR VOLUNTEERS**

- Over 12,000 senior volunteers participate in 55 local projects, making a real difference in their communities. Programs serve non-profit agencies, homebound seniors, and at-risk children.

## **CAREGIVING**

- **Support for family caregivers** – of older adults continues through the expansion of respite programs, adult day programs, and support groups, all of which allow frail seniors to remain at home in the care of family members.
- **Support for kinship caregivers** – is available for grandparents and other relative caregivers over 60 through the National Family Caregiver Support Program. Services available through the Michigan State University Kinship Care Resource Center include information and assistance, educational workshops, public awareness, and advocacy on behalf of kinship care families.

## **COMMUNICATIONS**

- **MiSeniors.net** – our consumer friendly website is continually updated with the latest information on health, wellness and prevention. Links to other sites of interest are featured, including one that allows visitors to search for affordable apartments, adult foster care, homes for the aged, assisting living, and nursing homes. By years end, this site will be converted to [www.michigan.gov/miseniors](http://www.michigan.gov/miseniors).